

May 2023 Resource Update

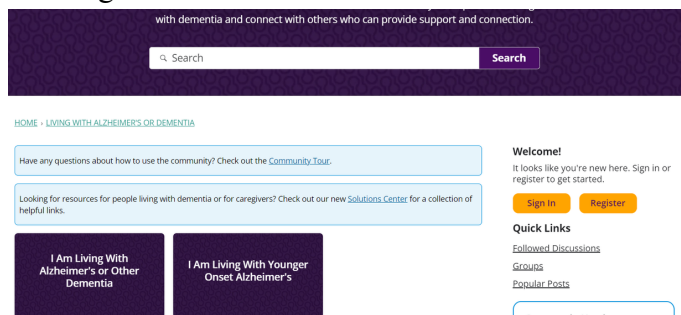


You Are Not Alone: ALZConnected is a place where you belong

Despite the fact that more than 20,000 Montanans are living with Alzheimer's, living with the disease or caring for someone who has it can be both devastating and isolating. Montana is a big state with a small population. We encounter challenging weather, long drives, and lack of local resources – sometimes making it hard to connect with others. The Alzheimer's Association, believing that connection with others who are dealing with the similar circumstances is a key component of fighting dementia, offers ALZConnected®: a free online community where you can connect with others who understand what you're going through. Through ALZConnected, you can share your experiences, questions and concerns. In return, you'll receive resources and support — all in a safe and welcoming space.

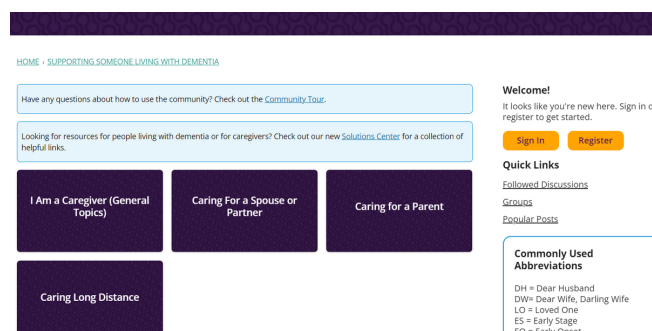
Discussions for People Living with Dementia:

This on-line forum offers people living with the disease the opportunity to chat with others who are walking a similar path. Topics are divided into two general categories: I Am Living With Dementia and I Am Living With Younger Onset Dementia. This forum can be used to ask questions, seek advice from someone who has already dealt with an issue, and find encouragement.



Discussion for those Supporting Someone Living With Dementia:

This on-line forum offers people living with the disease the opportunity to chat with others who are walking a similar path. Topics are divided into two general categories: I Am Living With Dementia and I Am Living With Younger Onset Dementia. This forum can be used to ask questions, seek advice from someone who has already dealt with an issue, and find encouragement.



Join in the conversation today at: <https://alzconnected.org/>

The Longest Day:

The day with the most light is the day we fight

Ever wondered how you can get involved in the fight against Alzheimer's? The Longest Day is the perfect opportunity to spread awareness, and possibly raise a little money at the same time.

Centered around the summer solstice (the longest day of the year), the Longest Day offers a unique opportunity to get involved in whatever way works for you. On June 21, thousands of participants from across the world come together to fight the darkness of Alzheimer's through an activity of their choice. Together, they use their creativity and passion to raise funds and awareness for the care, support and research efforts of the Alzheimer's Association.

How to Participate:

Step 1: Choose an activity

Any activity can be a fundraiser for The Longest Day:

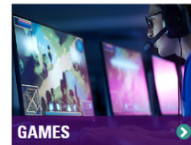
- If you're a talented artist, lead an art class for friends and family. Then host an art sale and donate the proceeds as your fundraiser.
- If you like to golf, organize a golf game with friends and ask each player to pledge \$50 for every birdie.
- Host a BBQ and ask friends and family for a donation in exchange for a delicious meal.
- Raise extra funds by adding a silent auction, challenge or competition to your activity.
- You can even ask for donations instead of birthday gifts!



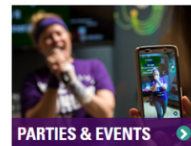
EXERCISE



SPORTS



GAMES



PARTIES & EVENTS



HOBBIES



ARTS

Step 2: Get registered at alz.org/tld

Step 3: Raise AWARENESS and money

There are so many simple ways to raise money for the cause: charge an "entry" fee, request donations in exchange for goods or services, create a challenge, request pledges etc. Check out the website for more creative ideas!

Step 4. Ask others to join you by:

- Making a donation – Facebook Fundraisers are an easy way for friends and family to support your fundraising efforts. Visit your Participant Center to create one or share your fundraising page on Twitter, Instagram and LinkedIn.
- Fundraising with you – Use the prewritten emails in your Participant Center to invite friends, family and coworkers to sign up for your team.
- Attending your event or activity – Invite your friends, family, colleagues and neighbors to join you for The Longest Day.



HOST AN EVENT OR ACTIVITY

Charge an entry fee.

Request donations for services or goods.

Create a challenge.

Charge a judging fee.

Upcoming Virtual Education Opportunities

For more information or to register for any of the following programs,
contact the helpline at 1-800-272-3900

- May 1 11:00-12:00 p.m. Effective Communication Strategies
- May 3 11:30-1:00 p.m. Understanding and Responding to Dementia-Related Behaviors
- May 3 1:00-2:00 p.m. 10 Warning Signs of Alzheimer's
- May 10 4:30-5:00 p.m. Understanding Alzheimer's and Dementia
- May 15 5:00-6:00 p.m. Healthy Living for the Brain and Body
- May 17 1:00-2:00 p.m. Understanding Dementia Behaviors
- May 23 10:00-11:00 a.m. Understanding Alzheimer's and Dementia
- May 23 2:00-3:00 p.m. Introduction to the Dementia World
- May 24 1:00-2:00 p.m. Effective Communication Strategies
- May 30 10:00-11:00 a.m. 10 Warning Signs of Alzheimer's

Local Health Departments and Brain Health Action



**HEALTHYBRAIN
INITIATIVE**

Learning and networking opportunity



JOIN US FOR A FREE LEARNING AND NETWORKING OPPORTUNITY TO:

- » Learn about strategies to advance public health action in local communities.
- » Hear from local health department officials using the Healthy Brain Initiative Road Map.
- » Network with public health professionals from across the country, all working on brain health.

**Monday, May 8
2 p.m. ET | 1 p.m. CT | 11 a.m. PT**

**Register today at
bit.ly/HBIWEBINAR**

Hosted By:



Join Us for a
Virtual Dementia Caregiver Support Series:
Offered by the Montana VA Healthcare System
In Collaboration with PACT SW, CSP, and the Alzheimer's Association

Join us for a 4-week educational series that will bring a group of caregivers together to:

- talk about their experiences,
- learn information about the dementia/disease process,
- receive tips about caregiving skills and self-care, AND
- get connected with on-going caregiver group support, if desired.

Each 90+ minute session consists of:

- 45-minute interactive educational topic related to dementia
 - Week 1: Introductions/Understanding Alzheimer's and Dementia
 - Week 2: Effective Communication Strategies
 - Week 3: Understanding and Responding to Dementia Related Behavior
 - Week 4: Making Preparation/Caregiver Guide to Navigating the VA
- 30 45-minute support group session facilitated by the PGCSS Coordinator and Ft. Harrison PACT SW

Open to caregivers of Veterans enrolled for care in the Montana VA Healthcare System (Ft. Harrison & CBOCs) and to Veterans that are caregivers to non-Veterans.

To Register: Call Shelly O'Connor (PACT SW at Ft. Harrison)
(406) 447-6750



Around the clock Information and Support: 1-800-272-3900

Upcoming In-Person Education and Support Opportunities

For more information or to register for any of the following programs,
contact Melanie Williams at meawilliams@alz.org

- May 1 1:30 - 3:00 p.m. Art in the Moment, Missoula Art Museum, 335 N. Pattee St., Missoula
- May 2 12:30 - 2:00 p.m. Great Falls Public Library Memory Cafe, 301 2nd Ave N, Great Falls
- May 2 1:00-2:30 p.m. Dillon Caregiver Support Group, 1000 State Hwy 91 S, Dillon
- May 2 1:00 - 2:30 p.m. 10 Warning Signs, Lewis and Clark Library, 120 S Last Chance Gulch St, Helena
- May 9 1:00-2:30 p.m. Understanding Dementia Related Behaviors, Lewis and Clark Library, 120 S Last Chance Gulch St, Helena
- May 9 6:30-7:30 p.m. Understanding Alzheimer's and Dementia, Boulder Community Library, 202 S. Main St., Boulder
- May 10 4:30 - 6:00 p.m. Havre Support Group, Hill County Library, 402 3rd Street, Havre
- May 16 1:00-2:30 p.m. Healthy Living for Your Brain and Body, Lewis and Clark Library, 120 S Last Chance Gulch St, Helena
- May 19 10:30 - 12:00 p.m. Connections at the Art Museum, Yellowstone Art Museum, 401 N. 27th Street, Billings
- May 22 3:30-4:30 p.m. Dementia Behaviors/Effective Communication, BeeHive Homes, 1000 State Hwy 91 S., Dillon
- May 24 4:30 - 6:00 p.m. Havre Support Group, Hill County Library, 402 3rd Street, Havre
- May 30 12:00 - 1:00 p.m. Missoula Forum, Clearwater Credit Union, 3600 Brooks St., Missoula

WALK TO END ALZHEIMER'S

ALZHEIMER'S  ASSOCIATION®

Great Falls.....September 9
Bozeman.....September 10
Helena.....September 16
Billings.....September 17
Flathead Valley.....September 23
Missoula.....September 24



Register Now!


ALZConnected®

Alzheimer's Navigator®

Online Education Center

Live Well Online Resources

A collection of free interactive tools that helps you navigate the personal and emotional challenges accompanying an Alzheimer's diagnosis and provides personalized steps for living well with the disease.

SUN	MON	TUE	WED	THU	FRI	SAT
<p>**Virtual Programs are in Green</p>	<p>1 Effective Communication Strategies 11:00 am Art in the Moment Missoula Art Museum 1:30 pm</p>	<p>2 Great Falls Memory Cafe Great Falls Library 12:30 pm Dillon Caregiver Support Group 1000 Highway 91 S 1:00 pm 10 Warning Signs Lewis and Clark Library 1:00 pm</p>	<p>3 Understanding and Responding to Dementia-Related Behaviors 11:30 am 10 Warning Signs of Alzheimer's 1:00 pm</p>	<p>4</p>	<p>5</p>	<p>6</p>
<p>7</p>	<p>8</p>	<p>9 Understanding Dementia-Related Behaviors Lewis and Clark Library 1:00 pm Understanding Alzheimer's and Dementia Boulder Community Library 6:30 pm</p>	<p>10 Understanding Alzheimer's and Dementia 4:30 pm Havre Support Group Hill County Library 4:30 pm</p>	<p>11</p>	<p>12</p>	<p>13</p>
<p>14 Urge Congress to Increase Research Funding alz.org/advocate</p>	<p>15 Healthy Living for Your Brain and Body 5:00 pm</p>	<p>16 Healthy Living for Your Brain and Body Lewis and Clark Library 1:00 pm</p>	<p>17 Understanding Dementia Behaviors 1:00 am</p>	<p>18</p>	<p>19 Connections at the Art Museum Yellowstone Art Museum 10:30-12:00</p>	<p>20</p>
<p>21</p>	<p>22 Dementia Behaviors/Effective Communication Bee-Hive Homes of Dillon 3:30 pm</p>	<p>23 Understanding Alzheimer's and Dementia 10:00 am Introduction to the Dementia World 2:00 pm</p>	<p>24 Effective Communication Strategies 11:00 am Havre Support Group Hill County Library 4:30 pm</p>	<p>25</p>	<p>26 Interested in getting more involved? Let us know at bit.ly/alz-xol</p>	<p>27</p>
<p>28</p>		<p>30 10 Warning Signs of Alzheimer's 1:00 pm Missoula Forum Clearwater Credit Union 12:00 pm</p>	<p>31</p>	<p>To register for virtual programs visit or call 800-272-3900. alz.org/crf</p>		